



## Are Vaccines Safe?

Yes! Vaccines are the safest way to get your body's immune system working to fight disease. Vaccines are tested before they are licensed to make sure they are safe and to see how well they protect people against disease. Vaccines are also monitored for side effects after they are licensed.

Vaccines are not 100 percent risk-free. Some people may have mild side effects, like a fever or soreness where a shot was given. Severe vaccine reactions are rare. The benefits of preventing disease are greater than the risk of a severe reaction to a vaccine.

## Are you traveling out of the country?

You may need other vaccines to protect yourself against diseases that are not common in the U.S. Ask your doctor, nurse, or local health department if you have questions about which vaccines are recommended.

For more information about travel vaccines, visit: [www.cdc.gov/travel/default.aspx](http://www.cdc.gov/travel/default.aspx)



## Look to these credible sources for more information on adult immunizations:

- Washington State Department of Health Immunization Program  
CHILD Profile  
[www.doh.wa.gov/cfh/immunize](http://www.doh.wa.gov/cfh/immunize)  
1-866-397-0337
- Local Health Departments  
[www.doh.wa.gov/LHJMap/LHJMap.htm](http://www.doh.wa.gov/LHJMap/LHJMap.htm)
- Centers for Disease Control & Prevention  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
1-800-CDC-INFO (1-800-232-4636)
- Immunization Action Coalition  
[www.immunize.org](http://www.immunize.org)
- National Network for Immunization Information  
[www.immunizationinfo.org](http://www.immunizationinfo.org)

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# adult IMMUNIZATION



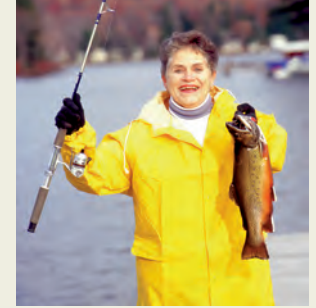
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yourself  
for **life**

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# Which immunizations do adults need?



## Why do adults need immunizations?

Vaccine preventable diseases have no age limits – you can get them at any time in your life.

Some diseases are more common in adults and may cause life threatening health problems. Some adults were never immunized as children.

Protect yourself and prevent the spread of disease to your family members by getting immunized.

Vaccines protect adults against diseases like the flu, tetanus, whooping cough (pertussis), and hepatitis B.

Many health plans cover recommended immunizations.

Check with your insurance plan or health care provider.



Your age, health conditions, job, and lifestyle determine which immunizations you need. Talk with your doctor to find out more about these recommended vaccines:

**Chickenpox (varicella).** Two doses for adults who have not had chickenpox disease.

**Hepatitis A.** Two doses for people with chronic liver disease, blood clotting disorders, people who live with or care for a person with hepatitis A, injection drug users, men who have sex with men, and some international travelers.

**Hepatitis B.** Three doses for people who may be exposed to the disease, including health care professionals, people with multiple sex partners, injection drug users, and men who have sex with men.

**Human Papillomavirus (HPV).** Three doses for women aged 19-26 years who did not get the vaccine at a younger age. Men can reduce the likelihood of acquiring genital warts by getting this vaccine.

**Influenza (flu).** One dose every year for anyone who wants to protect themselves from the flu, especially people 50 and older, people with chronic conditions or weakened immune systems, and those who have close contact with children under age 5.

**Measles, Mumps, and Rubella (MMR).** Two doses for anyone born after 1956. This vaccine is also recommended for health care workers, college students, and international travelers because they are at higher risk of getting these diseases.

**Meningococcal.** One dose for college freshmen living in dorms, adults with a damaged or removed spleen, people with HIV, military recruits, and some international travelers.

**Pneumococcal.** One dose for all adults 65 and older and for people with chronic conditions or weakened immune systems. Some people may need two doses of this vaccine.

**Tetanus, diphtheria, and pertussis (Tdap/Td).** All adults should get a tetanus booster every 10 years. One dose of Tdap vaccine should replace a single tetanus booster for adults under 65 years.

**Shingles (Herpes Zoster).** One dose for adults 60 and older, whether or not they have had shingles or chickenpox.



Protect yourself throughout your life. Make sure you get all your immunizations!



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**Health Education Resource Exchange Web Team**